

FREEPORT RECREATION HEALTH WING

THE RECREATION CENTER HEALTH WING CONSISTS OF EXERCISE ROOM WITH MULTI AND SINGLE STA-
TION EQUIPMENT, TREADMILLS, STATIONARY BIKES, INDOOR POOL, STEAM ROOM AND SAUNA, SHOWERS,
LOCKERS, GYMNASIUM AND SEASONALLY; OUTDOOR OLYMPIC POOL, KIDDIE POOL AND DIVE TANK.

HOURS OF OPERATION

MONDAY THRU FRIDAY: 6:15 AM TO 10:00 PM
SATURDAY: 7:00 AM TO 10:00 PM SUNDAY : 7:00 AM TO 6:00 PM
POOL AND GYMNASIUM DOES NOT OPEN UNTIL 10:00 AM ON SATURDAY AND SUNDAY

DAILY ADMISSION

FREEPORT RESIDENT (ACTIVITY CARD REQUIRED): ADULT \$6.00, SENIOR: \$4.00, CHILD: \$4.00, HANDI-
CAPPED ADULT: \$4.00, HANDICAPPED CHILD: \$3.00, RESIDENT ONE DAY PASS: \$15.00

NON RESIDENTS (ACTIVITY CARD REQUIRED) ADULT: \$10.00, SENIOR: \$7.50, CHILD: \$8.00, HANDI-
CAPPED ADULT: \$7.50, HANDICAPPED CHILD: \$5.00. NON RESIDENT ONE DAY PASS: \$19.00.

ANNUAL PLANS

RESIDENT INDIVIDUAL	\$225.	NON RESIDENT INDIVIDUAL	\$315.
RESIDENT SENIOR (60+)/HANDICAPPED	\$175.	NON RESIDENT SENIOR (60+)/HANDICAPPED	\$240.
RESIDENT CHILD	\$200.	NON RESIDENT FAMILY	\$650.
RESIDENT FAMILY	\$465.	NON RESIDENT GROUP (UP TO 10 MEMBERS)	\$1,500.
RESIDENT GROUP (UP TO 10 MEMBERS)	\$1,200.		
RESIDENT COUPLE	\$400.		

FAMILY PLAN INCLUDES HUSBAND, WIFE AND CHILDREN UP TO AND INCLUDING 21 YEARS OF AGE, UN-
MARRIED AND LIVING IN THE SAME HOUSEHOLD.

PROOF OF AGE IS REQUIRED FOR SENIOR RATE. PROOF OF HANDICAP MUST BE PROVIDED FOR HANDI-
CAPPED RATE (NASSAU COUNTY LEISURE PASS).

PLANS AND ACTIVITY CARDS CAN BE PURCHASED ON MONDAY TO FRIDAY 9:00 AM TO 9:00 PM AND
SATURDAY AND SUNDAY 10:00 AM TO 4:00 PM.

DANIEL BURGESS TENNIS ACADEMY WITH THE FREEPORT RECREATION CENTER

SUMMER TENNIS CAMP. BOYS AND GIRLS 12 TO 15 YEARS OLD. A FOUR WEEK
FULL DAY FUN FILLED EXPERIENCE WITH EMPHASIS ON LIFE SKILLS. FOUR WEEKS
OF INSTRUCTIONAL TENNIS WITH CERTIFIED PROFESSIONAL INSTRUCTORS AND
MEMBERS OF THE U.S. TENNIS PLAYERS ASSOCIATION. CAMP IS HELD AT NORTH-
EAST PARK LOCATED AT 100 PARSONS AVENUE, FREEPORT, NEW YORK.

SESSION 1: JUNE 29TH TO JULY 24TH
SESSION II: JULY 27TH TO AUGUST 21ST
9:00 AM TO 3:30 PM

COST PER SESSION (4 WEEKS) \$1,000, INCLUDES LUNCH AND SNACKS.

HAVE YOUR NEXT BIRTHDAY PARTY AT THE FREEPORT RECREATION CENTER

CHOICE OF ACTIVITY: BASKETBALL, SWIMMING, BALLET, GYM, ETC.

INCLUDED IN YOUR PARTY PACKAGE IS PARTY ROOM, FOOD, DRINKS
AND PAPER GOODS.

PLEASE CALL (516) 377-2314, EXT. 30

2009 SUMMER PROGRAMS

EARLY REGISTRATION

**RESIDENTS: SATURDAY AND SUNDAY, APRIL 4TH AND 5TH
10:00 AM TO 2:00 PM**

**OPEN REGISTRATION
APRIL 6TH TO 30TH**

**FREEPORT RECREATION CENTER
130 EAST MERRICK ROAD
FREEPORT, NEW YORK, 11520**

**OPEN REGISTRATION HOURS
MONDAY TO FRIDAY, 9:00 AM TO 9:00 PM
SATURDAY AND SUNDAY, 10:00 AM TO 4:00 PM**

LATE FEE OF \$5.00 AFTER APRIL 30TH. NO REFUNDS.

**FOR FURTHER INFORMATION ON PROGRAMS,
CALL 516-377-2314, EXT. 10
E-MAIL: REC.CENTER@FREEPORTNY.GOV**

AN ACTIVITY CARD IS REQUIRED TO REGISTER FOR ALL PROGRAMS. RESIDENTS ACTIVITY CARD \$5.00 AND NON RESIDENTS \$10.00.

WE NOW ACCEPT VISA, MASTER CARD, DISCOVER AND BANK DEBIT CARDS, WITH AN ADDITIONAL SERVICE CHARGE.

YOUTH PROGRAMS

ART. IN THIS CLASS WE WILL EXPLORE THE ELEMENTS AND PRINCIPLES OF DESIGN USING A VARIETY OF MATERIALS SUCH AS PENCIL, COLORED PENCIL, MARKER, CHARCOAL, WATER-COLORS AND MIXED MEDIA. AGES 9 AND UP.

**SATURDAYS: 10:30 AM TO 12:00 PM
JULY 11, 18, 25, AUG. 1, 8, 15
FEES: RES. \$35. AND NON RES. \$50.**

KARATE. DESIGNED TO TEACH BASIC CONCEPTS OF SELF-DEFENSE. AGES 4 TO 11 YRS., ON-GOING

**TUESDAYS AND FRIDAYS: 5:00 PM TO 6:00 PM,
6:00 PM TO 7:00 PM AND 7:00 PM TO 8:00 PM
MONTHLY FEE: RES. \$85.00 AND NON RES. \$100.00**

**WEDNESDAYS: 5:00 PM TO 6:00 PM AND 6:00 PM TO 7:00 PM
MONTHLY FEE: RES. \$42.50 AND NON RES. \$50.00**

MOM AND TOT. PROGRAM DESIGNED FOR PARENT AND CHILD. INCLUDES MOVEMENT EXPLORATION, SIMPLE EXERCISE, RHYTHM ACTIVITIES, GAMES, AND MOTOR DEVELOPMENT. AGES 1 1/2 TO 2 1/2 YRS.

**SATURDAYS: 10:30 AM TO 11:15 AM
JULY 11, 18, 25, AUG. 1
FEES: RES. \$20.00 AND NON RES. \$35.00**

KIDDIE CLUB. REGISTER NOW FOR SEPTEMBER 2009. NURSERY PROGRAM OPEN TO CHILDREN 3 TO 4 1/2 YRS. OLD. CHILD MUST BE 3 YRS. OLD BY DECEMBER 1, 2009. PROGRAM INCLUDES. SOCIAL SKILLS, CREATIVE LEARNING, MUSIC, CRAFTS, MOVEMENT EXPLORATION, SWIMMING AND ICE-SKATING. PROGRAM BEGINS IN SEPTEMBER 2009, MONDAY TO FRIDAY UNTIL JUNE 2010.

**SESSION I: 9:00 AM TO 11:30 AM
SESSION II: 1:00 PM TO 3:30 PM**

**2 DAYS A WEEK MONTHLY FEE—\$100. RES./ \$120. NON RES.
3 DAYS A WEEK MONTHLY FEE—\$115. RES./\$135. NON RES.
4 DAYS A WEEK MONTHLY FEE—\$125. RES./\$145. NON RES.
5 DAYS A WEEK MONTHLY FEE— \$135. RES./\$155 NON RES.**

SWIM INSTRUCTION.

LEVEL A: PARENT AND CHILD AQUACISE, PARENT ACCOMPANIES CHILD IN WATER; INCLUDES WATER ADJUSTMENT, FRONT AND BACK FLOATING, BREATH CONTROL, WATER EXIT. AGES 3 TO 5 YRS. OLD

**WEDNESDAYS 10:00 AM TO 10:30 AM
JULY 1, 8, 15, 22, 29, AUG. 5, 12, 19, 26, SEPT. 2
FEES: RES. \$65.00 AND NON RES. \$110.00**

CHILDREN MUST BE 6 YRS. OR OLDER TO PARTICIPATE IN LEVELS 1 TO 4 SWIM INSTRUCTION. A BIRTH CERTIFICATE IS REQUIRED FOR PROOF OF AGE AT THE TIME OF REGISTRATION.

LEVEL 1: INTRODUCTION TO WATER SKILLS, 8:45 AM TO 9:15 AM. OR 9:15 TO 9:45 AM. SKILLS INCLUDE BREATH CONTROL AND UNDERWATER SWIMMING, FLOATING, TREADING WATER, SWIMMING WITH ARM AND LEG ACTION ON FRONT AND BACK.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS, 8:45 AM TO 9:15 AM OR 9:15 TO 9:45 AM. SKILLS INCLUDE BREATH CONTROL, BUOYANCY ON FRONT AND BACK, SWIMMING AND CHANGING DIRECTION, SWIMMING ON SIDE; SWIM 15 FEET USING ARM AND LEG ACTION.

LEVEL 3: STROKE DEVELOPMENT, 9:15 AM TO 9:45 AM. SKILLS INCLUDE BREATH CONTROL AND UNDERWATER SWIMMING, BUOYANCY ON FRONT AND BACK, FRONT AND BACK CRAWL; INTRODUCTION TO BACK STROKE AND BUTTERFLY.

LEVEL 4: STROKE IMPROVEMENT, 10:00 AM TO 10:30 AM. SKILLS INCLUDE SWIM FRONT CRAWL 25 YARDS, ELEMENTARY BACKSTROKE, BREASTSTROKE, BUTTERFLY.

**SESSION I: MONDAY TO FRIDAY
JULY 6, 7, 8, 9, 10, 13, 14, 15, 16, 17**

**SESSION II: MONDAY TO FRIDAY
JULY 21, 22, 23, 24, 27, 28, 29, 30, 31, AUG. 3**

SATURDAY CLASSES

**LEVEL A: 9:30 AM TO 10:00 AM
LEVEL 1: 9:00 AM TO 9:30 AM
LEVEL 2: 9:00 AM TO 9:30 AM
LEVEL 3: 9:30 AM TO 10:00 AM
JUNE 27, JULY 11, 18, 25, AUG. 1, 8, 15, 22, 29, SEPT. 5
FEES: RES. \$65. AND NON RES. \$110**

LITTLE DIPPERS SWIMMING CLASSES

**LEVEL A- 3-5YRS. OLD - 11:00-11:30AM
LEVEL B- 1YR. - 35 MONTHS - 12:00-12:30 PM
LEVEL C- 6 MONTHS - 11 MONTHS - 11:30-12:00PM**

**3 WEEK SESSION
MON. JULY 6, 13, 20
WED. JULY 8, 15, 22
FRI. JULY 10, 17, 24
FEES: RES. \$65. AND NON RES. \$110**

KIDS YOGA. YOGA CAN GIVE A CHILD A GOOD FOUNDATION IN LIFE AS THEY ARE GUIDED THROUGH THE BEGINNING STEPS OF YOGA WITH AN EXCITING, STRUCTURED AND ACTIVITY FILLED PROGRAM. YOGA POSTURES, PROPER BREATHING, RELAXATION AND STORYTELLING. ENHANCE FLEXIBILITY, IMPROVE FOCUS AND ATTENTION, BALANCE AND COORDINATION. KIDS YOGA IMPROVES SELF-ESTEEM AND CREATES A CONNECTION TO MOTHER NATURE! KIDS CAN ENJOY A PLAYFUL ATMOSPHERE AND MAKE NEW FRIENDS. FOR 5 – 16 YEAR OLDS.

MONDAYS: 5:00PM—6:00 PM, ON-GOING

**FEES: \$10.00 EACH CLASS FOR 5 CONSECUTIVE CLASSES
OR \$12.00 A SINGLE CLASS**

YOUTH VOLLEYBALL CLASSES

**BEGINNERS MONDAYS, 6:00 PM—8:00 PM
APRIL 20, 27 MAY 4, 11, 18 JUNE 1, 8, 15
FEE: \$30 RES \$45 NON RES.**

**INT. TUES AND THURS., 6:00 PM—8:00 PM
APRIL 21, 23, 28, 30, MAY 5, 7, 12, 14, 19, 21, 26, 28
JUNE 2, 4, 9, 11**

**FEE: \$60 RES. \$90 NON. RES.
CLASSES AT GIBLYN ELEMENTARY SCHOOL**

ADULT PROGRAMS

AQUACISE. SHALLOW WATER, MINIMAL STRAIN EXERCISE PROGRAM.

**MONDAYS: 9:30 AM TO 10:15 AM
WEDNESDAYS: 9:30 AM TO 10:15 AM.
THURSDAYS: 5:00 PM TO 5:45 PM.
FRIDAYS: 9:30 AM TO 10:15 AM.
MON.: JUNE 22, 29, JULY 6, 13, 20, 27, AUG. 3, 10, 17, 24
WED.: JUNE 24, JULY 1, 8, 15, 22, 29, AUG. 5, 12, 19, 26
THUR.: JUNE 25, JULY 2, 9, 16, 23, 30, AUG. 6, 13, 20, 27
FRI.: JUNE 26, JULY 3, 10, 17, 24, 31, AUG. 7, 14, 21, 28
FEES: RES. \$65.00 AND NON RES. \$110.00
SENIOR DISCOUNT OF 10%**

ADULT SWIM. INTRODUCTION TO BASIC SWIMMING AND TECHNIQUES. LEARN TO TREAD AND FLOAT IN WATER. INTRODUCTION TO THE CRAWL STROKE.

**WEDNESDAYS: 7:30 PM TO 8:30 PM
JUNE 24, JULY 1, 8, 15, 22, 29, AUG. 5, 12, 19, 26
FEES: RES. \$65.00 AND NON RES. \$110.00**

TOTAL BODY WORKOUT CLASSES. AEROBICS, STRENGTH TRAINING, BODY SCULPTING, AND STRETCHING WILL GIVE YOU THE TOTAL WORKOUT YOUR BODY NEEDS FOR OPTIMAL HEALTH AND A GREAT QUALITY OF LIFE! REGISTRATION IS ON-GOING. INSTRUCTOR: CAROL MADIGAN

**TUESDAY AND THURSDAY, 7:00 PM TO 8:00 PM
SESSION I: MAY 28, JUNE 2, 4, 9, 11, 16, 18, 23, 25, 30
SESSION II: JULY 2, 7, 9, 14, 16, 21, 23, 28, 30, AUG. 4
SESSION III: AUG. 6, 11, 13, 18, 20, 25, 27, SEPT. 1, 3, 8
FEES PER SESSION: RES. \$35. AND NON RES. \$50.
SENIOR DISCOUNT OF 10%**

BODY, MIND, SPIRIT WORKOUT. PROMOTES LESS STRESS ON THE BODY AND THE DEVELOPMENT OF STRENGTH AND FLEXIBILITY. CLASSES INCLUDE CARDIOVASCULAR TRAINING, STRENGTH AND MUSCLE CONDITIONING, STRETCHING, BACK SAFETY AND RELAXATION TECHNIQUES. REGISTRATION IS ON-GOING. INSTRUCTOR: MARIANNE PIZZO

TUESDAY AND THURSDAY, 5:15 PM TO 6:15 PM OR 6:30 PM TO 7:30 PM

**SATURDAY, 9:00 AM TO 10:00 AM
TUESDAY AND THURSDAY, JUNE 2, 4, 9, 11, 16, 18, 23, 25, 30, JULY 2, 7, 9, 14, 16, 21, 23, 28, 30
SATURDAY, JUNE 6, 13, 20, 27, JULY 11, 18, 25**

**FEES: RES. \$35. AND NON RES. \$50.
SENIOR DISCOUNT OF 10%
NO FEE FOR ANNUAL HEALTH WING PLAN HOLDERS**

YOGA. BY YOGA SYNTHESIS. TRADITIONAL HATHA YOGA CLASSES, PROPER EXERCISE, PROPER RELAXATION, PROPER BREATHING, POSITIVE THINKING, MEDITATION.

**ON-GOING, MONDAYS, 6:00 PM TO 7:30 PM
\$12.00 PER CLASS. FOR FURTHER INFORMATION CONTACT
YOGA SYNTHESIS AT 718-296-8543 OR 516-377-2314.**

ASTRONOMY. OUTDOOR LECTURES, TELESCOPIC OBSERVATIONS AT WATERFRONT PARK (WEATHER PERMITTING). BRING YOUR OWN CHAIR. NO FEE

**THURSDAYS 8:00 PM TO 10:00 PM,
JULY 9, 16, 23, 30, AUG. 6, 13, 20, 27**

SUMMER RECREATION PROGRAMS

SUMMER RECREATION PROGRAM. SUPERVISED PROGRAMS OF INDOOR AND OUTDOOR GAMES, SPORTS, SWIMMING, ARTS AND CRAFTS, MUSIC, STORY TIME AND SPECIAL EVENTS. CHILDREN IN THE KIDDIE PROGRAM MUST BE TOILET TRAINED.

KIDDIE: AGES 3 TO 5 YRS. OLD. 9:00 AM TO 12:00 PM.
SESSION I: MONDAY TO FRIDAY, JUNE 29 TO JULY 10
SESSION II: MONDAY TO FRIDAY, JULY 13 TO JULY 24
SESSION III: MONDAY TO FRIDAY, JULY 27 TO AUG. 7
SESSION IV: MONDAY TO FRIDAY, AUG. 10 TO AUG. 21
FEES PER SESSION: RES. \$140. AND NON RES. \$160.

YOUTH. AGES 6 TO 9 YRS. OLD. 1:30 PM TO 4:30 PM.
SESSION I: MONDAY TO FRIDAY, JUNE 29 TO JULY 10
SESSION II: MONDAY TO FRIDAY, JULY 13 TO JULY 24
SESSION III: MONDAY TO FRIDAY, JULY 27 TO AUG. 7
SESSION IV: MONDAY TO FRIDAY, AUG. 10 TO AUG. 21
FEES PER SESSION: RES. \$165. AND NON RES. \$190

ALL DAY SPORTS SUMMER CLINIC .

RECREATIONAL SWIMMING, DAILY FITNESS EXERCISE, VOLLEYBALL, TENNIS, GOLF, SOCCER, TABLE TENNIS, BOX LACROSSE, BASKETBALL, SOFTBALL, FLOOR HOCKEY AND SPECIAL TRIPS EACH SESSION. AGES 10 TO 13 (AS OF SEPT. 2009). 9:00 AM TO 4:30 PM.

**SESSION I: MONDAY TO FRIDAY, JUNE 29 TO JULY 10
SESSION II: MONDAY TO FRIDAY, JULY 13 TO JULY 24
SESSION III: MONDAY TO FRIDAY, JULY 27 TO AUG. 7
SESSION IV: MONDAY TO FRIDAY, AUG. 10 TO AUG. 21
FEES PER SESSION: RES. \$275. AND NON RES. \$300.**

A DOCTOR'S CONFIRMATION OF GOOD HEALTH MUST BE PROVIDED AT THE TIME OF REGISTRATION. PARTICIPANTS WILL REQUIRE SNEAKERS AND JEANS OR SHORTS. A FREEPORT RECREATION T-SHIRT WILL BE PROVIDED FOR EACH YOUNGSTER.

EARLY CARE AND AFTER CARE EARLY CARE AND AFTER CARE WILL BE IN A SUPERVISED RECREATIONAL SETTING. REGISTRATION AND PAYMENT FOR THIS SERVICE MUST BE MADE ONE DAY IN ADVANCE TO MEMBER SERVICES IN THE FRONT OFFICE. ALL CHILDREN UTILIZING THIS SERVICE MUST BE SIGNED IN FOR EARLY CARE AND SIGNED OUT FOR AFTER CARE BY AN AUTHORIZED INDIVIDUAL WHO MUST BE OVER THE AGE OF 18 YRS.

**EARLY CARE (SPORTS PROGRAM ONLY) :
8:00 AM TO 9:00 AM, FEE PER DAY: \$5.00.**

**AFTER CARE (SPORTS AND YOUTH PROGRAMS) :
4:30 PM TO 6:00 PM, FEE PER DAY: \$5.00.**